



Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070

simsbury-ct.gov

Senior Center Phone:
(860) 658-3273
Social Services Office Phone:
(860) 658-3283
Fax: (860) 408-7046

Hours
Monday: 8:30 am to 7:00 pm
Tuesday to Thursday:
8:30 am to 4:30 pm
Friday: 8:30 am to 1:00 pm

The Senior Communicator

November ♦ December 2015



Holiday Party

Celebrate the season at the Senior Center. We'll have entertainment and a catered lunch featuring Lasagna, tossed salad, meatballs, sausage and peppers, coffee and dessert



Thursday, December 10, 11:00 am to 1:00 pm

Cost—\$8.00 (Sign up by December 4)

11:00 am: Our own Intonations Choral Group will perform

11:30 am: Join a sing-a-long featuring songs of the season.

12:00 pm: Lunch is served!



New Year's Eve Pizza Party and Bingo

Get an early start on ringing in the New Year at our pizza and bingo party Great Prizes! Fun! Refreshments!

Thursday, December 31, 12:00 to 2:00 pm

Cost-\$3.00, Sign up by 12/28

The Simsbury Senior Center's mission is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of the diverse and growing older adult population (age 50 and over) their families and friends.

Kathleen Marschall,
Senior Center Coordinator

Elizabeth Sagan,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Elderly Outreach Coordinator

Inside this issue:

Fitness and Health	Pages 2,3
Food	Page 7
Fun, Classes & Games	Pages 4,5
Trips	Pages 6,9
Social Services	Page 8

Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

Exercise for Parkinson's Disease

Instructor: *Mary Root*

Exercise is proven to slow the progression of Parkinson's disease and improve balance and strength.

Monday - 2:15pm - 3:15pm
11/2-12/14 - 7 classes \$17.50

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Intermediate 10:15-11:00 am
Beginner 11:05-11:50 am

Tuesday & Friday 11/3 - 12/22

14 classes \$63.00
(no class 11/27)
\$6.00/drop-in fee



Yoga

Mixed-level, traditional style yoga class.

Instructor: Susan Rubenstein

10:30am-11:30 am
Monday continues until 12/7 -
12 classes \$78.00

Wednesday continues until - 12/9 -
11 classes \$71.50
(No Class 11/11, 11/25)
\$8.00/drop-in fee

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Monday & Friday Mary Root

Wednesday Marie Buman

12:00-1:00 pm (Mon. and Wed.)

11:50-12:50 pm (Fri.)

Monday 11/2-12/14 - 7 classes
\$17.50

Wednesday 11/4-12/16

6 classes \$15.00 (no class 11/11)

Friday - 11/6-12/18 - 6 classes \$15.00
(no class 11/27)

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Monday
continues until -12/7 -
12 classes \$48.00

Wednesday
continues until -12/9 -
(No Class 11/11, 11/25)

11 classes \$44.00
\$5.50/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls and tubing.

Instructor: Marie Burman

9:00-9:45am

Tuesdays 11/3-12/15 - 7 classes
\$17.50 \$4.00/drop-in fee

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Monday Mary Root

Wednesday Marie Burman

1:00-2:00 pm

Monday 11/2-12/14 - 7 classes
\$17.50

Wednesday 11/4-12/16

6 classes \$15.00 (no class 11/11)
\$4.00/drop-in fee



Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root

9:00-9:45am

Thursday 11/5-12/17 - 6 classes
\$18.00 (no class 11/26)
\$4.00/drop-in

"Perfect Strength in 60"

2 Sessions - AM & PM

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Tuesday 5:00 - 6:00pm
continues until -12/8 - 12 classes
(No Class 11/3) \$78.00
\$8.00/drop-in fee

Friday 9:00-10:00am
continues until -12/11 13 classes
(no class 11/27) \$52.00

♦ *Call the Senior Center at (860) 658-3273 for information about any of these activities!* ♦

Holiday Express – Perfect Fit Mini Session

Stay fit during holidays with Susan Rubenstein.

9:15 am to 10:15 am

Monday 12/21 and 12/28; Wednesday 12/30

Cardio Plus Exercise

Stay fit with a class designed to give you a cardio burst, strength training and core work.

Instructor: Susan Rubenstein

Thursday - 5:00pm-6:00pm - continues until 12/3

10 classes - \$65.00 (No Class, 11/26)

\$8.00 /drop-in fee

Senior Center Fitness Room

Available for you to use

Mondays from 8:30 am until 6:30 pm,

Tuesday through Thursday 8:30 am until 4:00 pm
and Fridays 8:30 am until 12:30 pm.

Membership Fees: \$50/year or \$6.00/month.

A note from your physician and an orientation from our personal trainer are required.

Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 11/4, 11/18, 12/2, 12/16

Appointments start at 10 am. Cost: \$10

Meditation

Calm stress and improve your overall well-being!

Instructor: Debra Mullins

Thursdays 11:15 am-12:00 pm, 11/5 to 12/17

(6 classes) \$18.00 *\$4.50/drop-in fee*

(no class November 26)

Blood Pressure Screening

Sponsored by the Farmington Valley VNA

No appointment necessary - in the auditorium

Every Wednesday 11:45 am-2:15 pm

Hearing Clinic



Connecticut Hearing Center will be at the Senior Center to clean and service any brand of hearing aid and perform general screenings. All services are FREE of charge.

Tuesday, November 24th & December 22nd

Make your appointment through the Senior Center.
(Appointments start at 10:00am)

Informational Meeting for People with Low Vision

Join us for this initial informational meeting to discuss whether a support group for those with low vision would be of interest to our community.

Friday, Nov. 6th - 10:00am to 11:00am

Bereavement Group

It doesn't matter who you've lost, or how long ago; if you are grieving the loss of a loved one you are welcome to share your feelings and receive support from others who are experiencing similar situations.

1st and 3rd Mondays 11/2, 11/16, 12/7, 12/21
2:30pm to 3:30pm

Free, please sign up through the Senior Center

This group will be facilitated by counselors from The Farmington Valley VNA.

Foot Care Clinics

Half hour appointments are available twice a month at the Senior Center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

November 3, November 24,

December 1, December 22

Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.

Schedule appointments through the Senior Center.

Clubs, Classes, and Games!



♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00 –3:00 pm, drop-in FREE!

Scrabble

Tuesdays: 1:00-4:00 pm, drop-in FREE!

Canasta Tuesdays 1:00 pm, drop-in FREE!

Cribbage Tuesdays 1:00-3:00 pm FREE!



Knit & Crochet Group

Informal get-together to chat and enjoy one another's company while sharing this craft.

Mondays: 10:00 am-12:00 pm, drop-in FREE!

Setback

Fridays: 10:00 am-12:00 pm, drop-in FREE!

Bridge Mondays 12:00-3:00 pm \$1.00 (at the door)

Duplicate Bridge

To register, or for more information, contact Don Steele: (860) 651-9663 or don2steele3544@gmail.com or call the Senior Center.

Fridays 9:30 am-12:30 pm Cost: \$1.00



The Computer Tutor

Schedule your individual appointment for help with computer/technology questions. Bring your own device or use our laptops.

Thursdays 1:30 pm-2:30 pm (1 person per week!)

Call the Senior Center to make your appointment.

Investment Club

This group enjoys researching and buying stocks.

November 18 - 2:00-4:00 pm FREE, drop in

Book Club



Wednesday, December 2nd @ 2:00pm - 4:00pm

"Martian Chronicles" (F) by Ray Bradbury
(combined meeting for Nov. & Dec.)

Please sign up in advance. FREE!

Pickle ball

We're moving inside for Fall/Winter Pickle ball.

Mondays, 12:00pm to 2:00pm at The Farmington Valley YMCA, 97 Salmon Brook St, Granby, CT (Gymnasium)

Cost: \$3.00 per day

**Please sign in at Member Services

Ceramics



Tuesdays: 11/3 -12/15 - 7 classes

10:00 am-2:30 pm \$17.50 \$4.00/drop-in

Painting Class

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface.

Instructor: Deborah Leonard

Thursdays: 10am to 12:00pm
continues until - 11/19 (10 classes)

\$45.50 \$6.00/drop-in fee

Intonations

This choral group enjoys singing together with performances at local venues.

Session continues until December 9th

Wednesdays 10:00 am to 12:00 pm



Food, and Holiday Fun!



Monday Suppers! Join us for supper at the Senior Center @ 5:00 pm

November 23: Shepherds Pie

December 7th : Jack's Pigs in a Blanket

Dessert & Beverage included!

Cost: \$4.00

Please register for these meals no later than the prior Thursday!



Souper Tuesday



The Aging and Disability Commission invites you to lunch. On the menu: soup, sandwich and dessert.

Tuesday, November 10th 12:00 to 1:00 pm

FREE, sign up by 11/3

Saint Mary's Thanksgiving Luncheon

Enjoy a traditional holiday meal served by students, faculty and volunteers from Saint Mary's School. Reservations are necessary by calling or stopping by the Senior Center Office.

Wednesday, November 18th

Doors open at 11:00 am

Meal is served at 12:00 pm

FREE, sign up by 11/12



This luncheon will be held at St. Mary's Parish Center, 946 Hopmeadow Street

Eggnog, Christmas Cookies and Movie

Get into the holiday spirit with eggnog and homemade Christmas cookie followed by the holiday favorite, "Elf" starring Will Ferrell.

Friday, December 18

12:30 - Eggnog and Cookies

1:00 - Movie

Free, sign up through the Senior Center
Simsbury Public Library Program Room

This event is sponsored by The Simsbury Senior Center and The Simsbury Public Library



Jewelry Making Workshop

Learn to make earrings, bracelets, and necklaces with many different types of beads—glass, plastic, metal, semi-precious, etc. Instructor will supply all tools.

Monday: November 9th 10:00 am - 3:00 pm

Monday: December 14th 10:00 - 3:00 pm

Cost - \$5.00 per class (plus the cost of supplies.)

Sign up by the Wednesday before.



Holiday Happy Hour at Meadowbrook of Granby

Mix, mingle and be merry. The kind people from Meadowbrook have invited us back for another happy hour. Enjoy delicious appetizers, wine, beer, and desserts. Live entertainment and door prizes!

Tuesday, December 8th

4:00 to 6:00 pm

Cost-\$2.00, sign up through the Senior Center

Due to the popularity of this event, we encourage you to sign up early.

AARP Driver Safety Course

This course will teach you how to reduce traffic violations and changes for injuries, and develop safe driving strategies to compensate for age-related changes. By completing the course you may qualify for an automobile insurance discount from your insurance company.

Thursday, December 17, 9:00 am-1:00 pm

Cost- \$15.00 for Members, \$20.00 for Non-Members

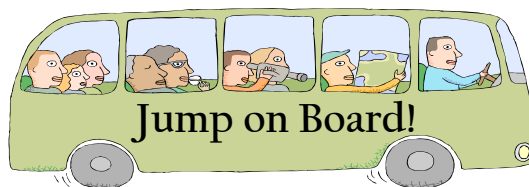
Sign up through the Senior Center.

Payment should be made the day of the course.

Trips

- ♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.

Registration for trips begins on October 27th



- ♦ All return times are approximate.
- ♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Monday November 9 - Super WalMart, East Windsor (Departure and return times to be determined)

Tuesday, November 17 - Breakfast Bingo at River Ridge in Avon

(Depart 8:45 am, breakfast - 9:30am, bingo - 10:00am to 11:00am, return to Simsbury 11:45am)

Saturday, November 21 - Prairie Home Companion at The Palace Theater, Waterbury, Connecticut

Tickets \$36.00 Each (Depart, 4:00pm, performance at 5:45pm, return time to be determined)

Monday, November 30 - Westfarms Mall (Departure and return times to be determined)

Thursday, December 17-Travelers Chorale Concert at The Bushnell

(Depart 6:00 pm, concert at 7:30 pm, return to Simsbury 9:30 pm)

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511. Travel flyers are available at the Senior Center with pricing and details.



2016 Trip Preview

Maple Sugar Madness - Deerfield, MA

April 12, 2016

Guided tour of Maple Syrup process, explore Kringle Candle, lunch at historic Deer Field Inn.

Springtime in Vermont

May 17-19, 2016

Stay at Lake Morey Resort for 2 nights

Plymouth, MA

June 7, 2016

Harbor Tour on the Pilgrim Bell; authentic paddlewheel, lunch at Isaac's

Canadian/New England Cruise

July 15 -23, 2016

9 day & 8 nights

Newport Playhouse

July 25, 2016

Showing Unnecessary Force & Cabaret show followed by a great lobster feast menu

Bethlehem and Lancaster, PA

August 8-10, 2016

Saints & Sinners Tour; Saints: see Samson, at Sights and sounds, Sinners: at Sands Casino Resort



Lunch Menu

Lunch @ Eno — Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation. Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00

No Lunch on November 11th due to Veterans Day

No Lunch on November 18th due to Saint Mary's Thanksgiving Luncheon

Chicken Parmesan with Pasta, Spinach, Peach Crisp.....	November 4
NO LUNCH WILL BE SERVED SENIOR CENTER CLOSED	November 11
NO LUNCH WILL BE SERVED DUE TO THE SAINT MARY'S LUNCHEON.....	November 18
Seasoned Cod, Rice Pilaf, Green Beans, Brownie.....	November 25
BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake.....	December 2
Chicken Parmesan with Pasta, Spinach, Peach Crisp.....	December 9
Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar.....	December 16
Turkey Cutlet in Mushroom Cream Sauce, Roasted Potatoes, Broccoli, Apple Cake.....	December 23
Seasoned Cod, Rice Pilaf, Green Beans, Brownie.....	December 30

USO Style Lunch with 'On Tap' a Cappella Group & Movie 'Unbroken'

Enjoy the music of the Forties by the local a cappella group "What's on Tap" as you enjoy lunch. This will be followed by the inspiring movie "Unbroken."

The film revolves around the life of USA Olympian and athlete Louis 'Louie' Zamperini, portrayed by Jack O'Connell. Zamperini survived in a raft for 47 days after his bomber was downed in World War II, then was sent to a series of prisoner of war camps.

Thursday, November 12

Lunch & entertainment will be from 12:00 to 12:30 Movie will begin at 12:30.

Free, sign up by November 9

*Co-sponsored by the Simsbury Senior Center
and the Simsbury Public Library.*

Lunch Café @ Eno—Fridays

Unfortunately due to lack of participation Fridays Cafe lunch @ Eno has ended as of the last Friday of October (10/30)

Lunch and Learn - Medicare 101

Are you turning 65 or confused about Medicare? This seminar will educate you on the options and programs available to you, particularly during the fall open enrollment period. (*Open enrollment is October 15 to December 7. Anyone with Medicare can change their Medicare health plans and prescription drug coverage for the following year to best meet their needs*)

Thursday, November 5 12:00pm-1:30pm
Free, sign up by November 3

Social Services Information



Dinner and Piano Recital



Start your evening with a soup and sandwich dinner, followed by a piano concert featuring the students of Julie Hall.

Monday, December 14

5:30 - Dinner

6:30 - Recital

\$3.00, sign up by December 3

Dental Health for Older Adults

Kathleen Gilbert, Registered Dental Hygienist from Simsbury Family and Cosmetic Dentistry will be at The Senior Center to present and answer your questions. Giveaways and door prizes, including the opportunity to win a free cleaning! .

Thursday, November 19

1:00 to 2:00pm

Free, sign up by November 16

SOCIAL SERVICES PROGRAMS

Energy Assistance - **KEEP WARM THIS WINTER!** Social Services is taking applications for the Energy Assistance Program. This program is available to assist households in paying for primary heating bills incurred after November 11th. Benefits are also available for those who have heat included in their rent. Income guidelines depend upon number in household. Asset limits are \$15,000 for homeowners and \$12,000 for renters. Please call for information and to schedule an appointment. Documentation is required

Cheese Day - Fresh Fruits, vegetables, meat and dairy items, along with canned goods, are given out on the **FOURTH** Wednesday of each month for those eligible for the program. Next Cheese Days: **November 25, 2015** and **December 30, 2015**.

SNAP (formerly Food Stamps) - We have partnered with FoodShare to provide application assistance every second and fourth Friday at Eno Hall. The volunteers will submit your application to the state for processing. Documentation is required. Call Social Services for further information or to schedule an appointment. Next SNAP days: **November 6th, November 20th, December 4th, and December 18, 2015**.

Mobile FoodShare Van - The Mobile FoodShare van will be at the First Church of Christ parking lot, 689 Hopmeadow Street, at 1:15 PM on alternating Mondays. Eligible residents will pick up donated fruits and vegetables. A schedule, including Avon and Granby dates, can be obtained at the Social Services Office. Dates for Simsbury are: **November 9th, November 23rd, December 7th, and December 21st, 2015**.

Bread Day - Every Tuesday after 9:00 AM breads and bakery items are available in the Rotunda. Donations are provided by Panera Restaurant, Brookside Bagels, Fitzgerald's Foods, Metro Bis, Simsbury Market, and Starbucks.

Food Closet - The Food Closet provides non-perishable items. Donations are always welcome and help us keep the shelves stocked.

Dial-A-Ride - Passes are available for \$25 for an individual and \$35 for a couple. The pass allows you to use the Dial-A-Ride bus around town, Granby or Avon, out-of-town medical appointments, and Jump On Board Senior Center trips. Passes can be obtained at the Social Services Office. **Remember: If no school due to inclement weather, for your safety, Dial-A-Ride does not run.**



Casino Trips ... Notable notes



Casino Trips!



Monday, November 16: Foxwoods Casino

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.

Bus will depart at 8:30am, and return to Simsbury approximately 5:00pm.

Monday, December 14: Mohegan Sun Casino

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.

Bus will depart at 8:30am, and return to Simsbury approximately 5:00pm.

Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and as such are subject to change without notice.
- ♦ Participants must complete and carry an emergency medical card. (Cards will be available from the trip leader)
- ♦ Unfortunately, we cannot offer refunds.
- ♦ Advanced registration must be made at least one (1) business day before the trip.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! Meeting Dates: November 17 (No meeting in December)

Handicapped Parking Applications ... are available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening).

A counselor will be available to provide the information & assistance necessary for you to understand your rights, receive benefits to which you are entitled, and make informed choices about health insurance concerns.

Appointments available on Tuesdays, November 3rd & 17th and December 1st & 15th.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library The Senior Center has a wide assortment of books, (including large print) for our members to borrow!

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center does not give out Personal Information on any of its members, staff, or instructors. We thank you for understanding.





Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
US POSTAGE PAID
AVON CT
PERMIT NO 444



The Senior Center staff would like to wish everyone a peaceful, happy and healthy holiday season.

The Center will be closed on the following dates: Wednesday, November 11th in observance of Veteran's Day; Thursday, November 26 and Friday, November 27 in observance of Thanksgiving; Thursday, December 24 in observance of Christmas Eve and Friday, December 25 in observance of Christmas.

The next Newsletter will be available for pick-up December 15 **PLEASE HELP US SAVE ON POSTAGE** by letting us know that you will pick yours up!

The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES: Requests for credit should be made 7 days prior to the start date or event date.

INCLEMENT WEATHER POLICY



If Simsbury public schools are cancelled, all day and evening classes and programs are cancelled at The Senior Center. If there is a school delay, classes and programs will run on their regular schedule unless we contact you. Every effort will be made to make up classes or programs cancelled due to weather conditions. If Simsbury Schools are on vacation, tune to WFSB, WTNH, NBC30 or check their websites.